



Hamblen County School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Hamblen County School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Hamblen County School System that includes:

- School Health Advisory Committee
- Eighteen Healthy School Teams
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$76,103.

Community partnerships have been formed to address school health issues. Current partners include:

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| ➤ Health Department | ➤ Cherokee Health System |
| ➤ HSAC Team | ➤ Morristown Chamber of Commerce |
| ➤ Home Team | ➤ Florence Crittenden |
| ➤ Hamblen County Health Council | ➤ Kotex |
| ➤ Morristown Hamblen Healthcare System | ➤ Food City Pharmacy |
| ➤ Carson Newman College | ➤ Citizen Tribune |
| ➤ Healthstar Physicians | ➤ TennderCare |
| ➤ UT Extension | ➤ Wal-Mart |
| ➤ Get Fit TN | ➤ Coca-Cola |
| ➤ Stepping Out Ministries | ➤ Coleman Chiropractic |
| ➤ Douglas Cherokee | ➤ Morristown-Hamblen Emergency Management Agency |
| ➤ Walters State Community College | ➤ Emergency Management Systems |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities. These activities include School Health Advisory Committee, Healthy School Teams, and assist with BMI screenings. Currently, 65 parents are collaborating with CSH.

Students have been engaged in CSH activities. These activities include Healthy School Teams, School Health Advisory Committee, distributing healthy school teams, nutrition advisory

councils, and attending food shows. Approximately 650 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Hamblen County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – in 2008-2009 school year 3,903 students were screened and approximately 245 were referred for blood pressure rechecks;

Students have been seen by a school nurse and returned to class with 18,565 students visiting the nurse and 12,890 returned back to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. In 2007-2008 school year 1,142 students were screened and 27.17% were obese and in 2010-2011 school year 3,808 students were screened and 26.16% were obese.

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include: physical education equipment, playground equipment, Michigan Model materials, general office supplies, healthy snacks for health curriculum, supplies for Pre-K healthy steps curriculum, monthly newsletters, school nurse supplies, DVDs and healthy books. Approximately \$275 of grant funds were used for food for SHAC and health council meetings.

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include: state required in-services and trainings, Michigan Model training, physical education in-services.

School faculty and staff have received support for their own well-being through staff work-out rooms and group exercise classes. Also, weight watchers and biggest loser competitions have been held.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model curriculum, Take 10! Curriculum, Healthy Steps curriculum;
- Physical Education/Physical Activity Interventions – SPARK curriculum, physical education equipment, and updated playground equipment. Added physical activity curriculum to after school program;
- Nutrition Interventions – monthly nutrition newsletter;
- Mental Health/Behavioral Health Interventions – annual mental health 101 training to all HCBOE staff.

In such a short time, CSH in the Hamblen County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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